



## PEANUT BUTTER, SMOOTH

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Code: B474

### PRODUCT DESCRIPTION

- Peanut butter is U.S. Grade A finely ground peanuts with a smooth texture. Peanut butter has added vegetable oil.

### PACK/YIELD

- Peanut butter is packed in 18-ounce packages, which is about 2 cups or 16 servings (2 tablespoons each).

### STORAGE

- Store unopened peanut butter in a cool, dry place.
- Store opened peanut butter tightly in its original container.
- Do not freeze peanut butter.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Try spreading it on bread with jelly or jam, honey, or sliced bananas.
- Add peanut butter to breads, muffins, and cookie batter.
- Peanut butter can be used in sauces, dips, soups, and stews.

### NUTRITION INFORMATION

- 2 tablespoons of peanut butter count as 2 ounces in the MyPyramid.gov Meat, Poultry, Fish, Dry Beans, Eggs, and Nuts Group. For a 2,000-calorie diet, the daily recommendation is about 5 ½ ounces.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

### NUTRITION FACTS

Serving size: 2 tablespoons (32g) smooth peanut butter

#### Amount Per Serving

<b>Calories</b>	190	<b>Calories from Fat</b>	140
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#### % Daily Value\*

<b>Total Fat</b> 16g	<b>24%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 150mg	<b>6%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 2g	
<b>Protein</b> 7g	

Vitamin A	0%	Vitamin C	0%
Calcium	2%	Iron	4%

\*Percent Daily Values are based on a 2,000 calorie diet.

**SPICY PEANUT VEGETABLES****MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 tablespoon peanut butter
- 2 tablespoons lite sodium soy sauce
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- ½ cup water
- ½ teaspoon red pepper flakes
- Nonstick cooking spray
- 1 onion, sliced
- 1 green pepper, sliced
- 3 carrots, sliced
- 1 zucchini, sliced

**Directions**

1. Combine peanut butter, soy sauce, sugar, lemon juice, water, and red pepper in a bowl, stirring to combine.
2. Spray a large saucepan with nonstick cooking spray. Over medium heat, cook onion until soft, stirring once in awhile.
3. Add green pepper, carrots, and zucchini, and cook until soft.
4. Pour sauce over vegetables and cook 1 minute.
5. Serve while hot or refrigerate.

Nutritional Information for 1 serving (about ¾ cup) of Spicy Peanut Vegetables					
Calories	120	Cholesterol	0 mg	Sugar	12 g
Calories from Fat	30	Sodium	350 mg	Protein	5 g
Total Fat	4 g	Total Carbohydrate	20 g	Vitamin A	401 RAE
Saturated Fat	0.5 g	Dietary Fiber	3 g	Vitamin C	47 mg
				Calcium	38 mg
				Iron	1 mg

*Recipe adapted from Recipezaar.com.*

**PEANUT BUTTER COOKIES****MAKES ABOUT 12 SERVINGS****Ingredients**

- ¾ cup peanut butter
- ¾ cup sugar
- 1 egg
- 1 teaspoon vanilla extract

**Directions**

1. Preheat oven to 350 degrees F.
2. Combine all ingredients together in a large bowl and mix well.
3. Drop by the tablespoonful onto a baking sheet. Flatten cookies with a fork.
4. Bake 15 minutes.

Nutritional Information for 1 serving (about 1 cookie) of Peanut Butter Cookies					
Calories	140	Cholesterol	20 mg	Sugar	12 g
Calories from Fat	70	Sodium	70 mg	Protein	4 g
Total Fat	7 g	Total Carbohydrate	15 g	Vitamin A	6 RAE
Saturated Fat	1.5 g	Dietary Fiber	1 g	Vitamin C	0 mg
				Calcium	10 mg
				Iron	0 mg

*Recipe adapted from Recipezaar.com.*